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# TASTY SOY

## EDIBLE SOY BEANS

Be sure to plant these in your Victory Garden

### The many reasons why you should

Flavor is mild and pleasing

Excellent source of vitamins A B and G

May be eaten green like Lima Beans or prepared as a dried bean

Better than Navy beans for baking

High in food value—starch content low

Protein content 4 times that of eggs

Calcium content 50% greater than cows milk

Roasted and ground they make a rich brown beverage

Delicious toasted and salted

Sprouting the dried beans makes a fresh winter vegetable

Sprouts may be cooked or used in fresh salads

Rivals tomatoes in vitamin C

Has more available iron than Spinach

Has 12 times more fat and 2 times more protein than Navy Beans

Valuable substitute for meat

Plant is very productive—Matures early

Resistant to drought, disease and insects

Plants grow everywhere and require no support

Makes a good protective hedge for the garden against

bugs and dry weather



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